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Warm Water Bathing and Massage Therapy Can Relieve Painful Ailments: Bliss Walk-in Tubs Offer Health Benefits for Arthritis and Diabetes Sufferers

Through the centuries, bathing therapy has been known as an easy way to treat many ailments that afflict millions of people around the world. In more recent years, a line of 20 affordable and dependable walk-in tubs from Bliss Tubs has made this important therapeutic benefit increasingly accessible to Americans of all income levels and in every region of the nation.

Sufferers of such conditions as arthritis, diabetes, inflammation, tendonitis, infection, carpal tunnel syndrome, bursitis, scoliosis, fibromyalgia, multiple sclerosis, injuries, back pain and other painful ailments have found badly needed relief by using bathing therapy. In addition, medical studies have proven that water therapy is great for rehabilitation from accidents, traumas, strokes, connective tissue diseases, and even asthma and other respiratory problems.

Arthritis remedy

The most common cause of disability in the U.S., more than 100 types of arthritis result in over 20 million sufferers having severe limitations in function each day. The estimated total cost of arthritis cases is close to \$100 billion, of which nearly 50 percent is from lost earnings due to absenteeism. The ailment results in approximately 45 million outpatient visits and 1 million hospitalizations each year. Since many are unable to remain physically active, there is a far greater risk of obesity, high cholesterol, heart disease and depression.

In 1998, two physicians discovered that after just three weeks of regular warm bathing, arthritis sufferers were less stiff, more limber and felt less pain. They determined that this simple treatment was so effective because water reduces weight by 90 percent, relieving pressure from joints, and thereby decompressing cartilage and promoting much needed repair. And the warmth of the water enhances the healing process, because heat dilates blood vessels and increases blood flow to sore and damaged tissues. Even the renowned Arthritis Foundation affirms that warm water therapy allows for joint movement in a gentle setting.

“For those seeking relief from arthritis, a Bliss walk-in tub is a safe, reliable remedy for helping to restore strength and delay further damage to sensitive joints,” says Jess Foster, president of Bliss

Tubs. "We take great pride in being able to provide a product that offers safe and effective treatment for so many."

Diabetes remedy

Rates of diabetes have risen dramatically in recent decades in the U.S., with an estimated 26 million Americans, 7 million of them undiagnosed, having the condition. Another 57 million are believed to have prediabetes. Fortunately, a walk-in bathtub, such as those produced by Bliss, can relieve some of their symptoms.

According to an article in the New England Journal of Medicine, Type II diabetes patients reported a 13 percent reduction in blood-sugar levels, improved sleep, and an increased sense of well-being by simply enjoying warm water therapy as a home remedy for diabetes symptoms.

Prevention

Soaking in warm water can also be effective in preventing future ailments. Because bathing therapy increases blood circulation, the immune system is strengthened, thereby decreasing the chance of future infection. Soaking in a Bliss walk-in tub stimulates the contact and temperature receptors located on the surface of the skin, promoting relaxation and stress relief. Soaking in varying temperatures of water can also be good for the nervous system, positively impacting the heart, lungs and kidneys.

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About Bliss Tubs

Bliss Tubs has been manufacturing walk-in tubs from its Pasadena headquarters since 2008. Having achieved the distinguished Underwriters Laboratory (UL) certification, Bliss Tubs is committed to customer satisfaction and high quality construction in its durable, gel-coated fiberglass tubs. Bliss also offers the option of therapeutic air and water massage jet systems, providing a spa-quality bathing experience. For more information, please see www.blisstubs.com.